



## Mooseheads 'want to win it all'

Team grateful for fan support while GM lauds season's achievements as stepping stone to bright future PAGE 24

# FIERY CIRQUE OF DRALION

CIRQUE DU SOLEIL HARNESSES

THE MAGIC AS EAST MEETS WEST PAGE 5

HALIFAX

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Tuesday, May 1, 2012



News worth sharing.



## ROYAL RETURN ENGAGEMENT

Prince Charles gestures while chatting with performers at the Cirque du soleil headquarters in Montreal in 2009 as his wife Camilla, the Duchess of Cornwall, looks on. Charles and Camilla are coming to Canada next month as part of the Queen's Diamond Jubilee celebrations. The couple will visit Canadian Forces Base Gagetown in Oromocto, N.B., Saint John, Toronto and Regina from May 20 to 23. GRAHAM HUGHES/THE CANADIAN PRESS

# Over 90 civil service jobs leaving town

## 'Token' move.

Opposition criticizes NDP announcement



ALEX BOUTILIER  
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The provincial NDP are making good on their pledge to move some civil service jobs outside of Halifax.

The government announced Monday that 93 civil service jobs will be split between Truro, Cape Breton and Digby. The move, announced in the speech from the throne in March, is a bid for more equitable distribution of government jobs around the province.

"We wanted to underline what we consider to be the appropriate way in which jobs can go into communities, really through the use of the service level and the communities that are best served by those particular departments,"

Dexter said on Monday.

Of the 93 jobs, 34 positions in the Department of Agriculture will be moved to Truro. Approximately 34 jobs from the Department of Fisheries and Aquaculture will be moved to the Digby and Shelburne areas. A further 25 Department of Justice employees will be asked to move to New Waterford in Cape Breton.

Dexter said the government does not know how much the moves will cost the province. New office space will have to be purchased, and the government will be on the hook for relocating the employees should they wish to go.

The opposition parties were not impressed by that.

"This was a political move

designed to solve a political problem," said Tory Leader Jamie Baillie. "The government hasn't even bothered to calculate for taxpayers how much it's going to cost them."

"The reality is this is no substitute for economic development," added Liberal MLA Geoff MacLellan. "We're losing our families daily, we're losing our people, the workforce is shrinking.... We need a plan."

But Halifax Mayor Peter Kelly was not concerned about the loss of 93 bureaucrats in the municipality.

"When you add up the overall numbers of (jobs moving) in comparison to the overall provincial civil service, it ... has very little impact on the overall density in HRM," Kelly said.

## Quoted



"I understand the reason and rationale ... with these (departments) going closer to those in which they serve. It makes sense." Mayor Peter Kelly



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## Firearm charges

### Two charged in Dartmouth shooting

Halifax police charged two men in relation to a shooting in Dartmouth on Sunday morning.

Halifax Regional Police say two of its officers in the Roleika Drive area heard multiple shots at 4:30 a.m. A K9 team tracked down a handgun, according to police, and two men walking nearby were arrested. There were no injuries.

Police said Monday two men — Dale Lloyd Fowler, 27, and Marco Morrell Simmonds, 24 — are facing several firearms-related charges and were scheduled to appear in Dartmouth provincial court. **METRO**

## Fairview

### Apartment fire 'suspicious', police say

Police are calling a fire at a Fairview apartment building on Sunday night suspicious in nature.

Halifax Regional Police say they were called to the blaze at 16 Dawn Street at 11 p.m.

Four units were affected, with the apartment where the fire started extensively damaged, a Canadian Red Cross release states.

Tenants from the apartments were unable to return overnight, with two adults and one child needing emergency housing.

**METRO**

## Investigation

Investigators were on scene Monday to continue its investigation, but police say it appears the fire was deliberately set.

## Metro Transit

### Reduced service for Alderney Ferry

Metro Transit is advising ferry passengers that the Alderney Ferry will have a reduced schedule for three weeks this month.

From May 7 to 28, the Alderney ferry will be reduced to a 30-minute weekday service from 6:30 a.m. to 11:45 p.m., Metro Transit announced on Monday.

Metro Transit says the Dartmouth III vessel requires an engine rebuild. **METRO**



Dominic Mallette of the Canada Border Services Agency stands inside a false compartment that contained hash. It was discovered at the Port of Halifax in 2009. JENNIFER TAPLIN/METRO

# Border Services dishes on multi-year drug probe

**Seized.** Drugs packed in one-kilogram bags wrapped in yellow plastic



JENNIFER TAPLIN  
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A false wall and a secret door found in a container in Halifax led to massive international drug investigation.

On Monday, Canada Border Services Agency showed reporters the container that officers searched on May 19, 2009. The investigation wrapped up recently, so CBSA was allowed to speak publicly about what had happened.

The CBSA were first suspicious of the container when they realized the exporter who usually sent metal rods packed a container full of cotton instead. The shipment came from Karachi, Pakistan, and was headed to Montreal.

An X-ray showed a different density in the back of the 40-foot container, and when officers

## Huge hashish haul

According to the RCMP, the 43.3 tonnes of hashish seized in this investigation carries a street value of \$860 million and represents more than half of all the hashish forfeited in, or destined for, Canada in 2009.

walked in, the false wall was easy to spot.

They seized over 5,700 kilograms of hash with a street value of \$114.5 million, said Dominic Mallette, spokesman for the Marine Container Examination Facility in Halifax. He said it was the biggest hash seizure Halifax had seen in five years.

But it didn't end there.

"What's interesting about this seizure here is it initiated an international RCMP investigation which resulted in nine arrests and 43.3 tonnes of hash. The hash was found in different countries," he said.

The nine arrests were made



Some of the hash seized aboard the container ship.

COURTESY OF CANADA BORDERS SERVICE AGENCY

by RCMP in Quebec after an extensive international investigation called Operation Celsius, which involved authorities from the U.S., Pakistan, Belgium and Italy.

Montreal RCMP said investigators tracked several suspicious packages and found that employees of companies involved at the Port of Montreal were involved in the operation.

In October 2010, Pakistani authorities arrested two leaders in an international network they believe was export-

ing hashish to Canada. Those arrests eliminated a major narcotics source for criminal organizations in Canada, according to a statement from Montreal RCMP.

"From a numbers perspective, 43 tonnes of hash is enough hash to provide a city of 10,000 residents with a daily dose for 11 years. It's a significant amount of hash that didn't reach the streets, and a significant amount of money that's not being used for organized crime or different criminal activities," Mallette said.

## Public memorial for Taavel coming Sunday

Friends and family are preparing for a public memorial for gay activist Raymond Taavel.

Crowds will gather on Sunday at Grand Parade beginning at 2 p.m. They'll walk to St. Mathew's United Church for a "celebration service" according to a Facebook page.

Taavel was beaten to death in the early-morning hours April 17 outside Menz Bar on

Gottingen Street.

Andre Noel Denny, 32, is facing a second-degree murder charge in his death. He is a patient at the East Coast Forensic Hospital in Burnside, and was overdue to return from an unsupervised leave granted for April 16.

Denny will return to court on May 17 for a hearing to determine whether he's fit

## Vigils

Vigils for Raymond Taavel have already been held in Halifax, Antigonish, Sydney, and St. John's.

to stand trial or whether he could be exempt from criminal responsibility. **METRO**



Raymond Taavel  
THE CANADIAN PRESS



## NEWS

## On the web

### Don't fly low over these birds

Two U.S. pilots have been charged with harassing animals after flying their planes too low near thousands of resting migratory birds in Iowa. Read more about the obscure hunting law at metronews.ca

### Withdrawal after leaving the womb

The number of newborns going through withdrawal has tripled in the past decade as more mothers abuse painkillers such as Vicodin, OxyContin and even heroin. Get the full story at metronews.ca

## Mobile news



A Sikh advocacy group has launched a free mobile application that allows travellers to complain immediately to the government about unfair treatment by airport-security screeners. Scan the code for the story.

## Energy. Petroleum board calls for bids on 11 offshore parcels

The independent agency that regulates Nova Scotia's offshore energy sector has issued its largest ever call for bids.

The Canada-Nova Scotia Offshore Petroleum Board is seeking bids for exploration rights to 11 offshore parcels identified as having potential for oil and gas. The area up for bids covers 3.1 million hectares.

Premier Darrell Dexter says the call shows the industry has "strong growth potential."

The parcels are largely in deep water and skirting the continental shelf, including areas close to the Sable Offshore Energy Project and Deep Panuke.

Earlier this year, Shell Canada announced it planned to spend \$970 million on exploration off Nova Scotia.

THE CANADIAN PRESS



Premier Darrell Dexter.

RYAN TAPLIN/METRO

## Yarmouth. Dangerous-offender assessment ordered for man charged in kidnapping

A Yarmouth man who pleaded guilty to sexual-assault and kidnapping charges earlier this month was ordered Monday to undergo a dangerous-offender assessment prior to sentencing.

Gordon Frank Nickerson, 35, faces a series of charges, including two for kidnapping, four sexual assaults, two counts of assault and one count each of dangerous driving, leaving the scene of an accident, break-and-enter and breach of a recognizance.

Nickerson was arrested and charged after a car crash Feb. 29 in New Minas. Two women from the Yarmouth area fled the scene, claiming

### Penalties:

If Gordon Nickerson is declared a dangerous offender, he could be jailed indefinitely.

to have been assaulted and confined against their will.

Nickerson entered guilty pleas to all charges on April 16.

The evaluation will be conducted at the East Coast forensic unit in Burnside and Nickerson will remain in custody until he returns to court June 25 for a review of the assessment.

KINGS COUNTY ADVERTISER

### Crime

### Gang unit seizes five weapons

Three people are facing charges after Halifax police say its guns and gangs unit seized five sawed-off shot guns while executing a search warrant in Dartmouth early Monday morning.

Two men, both aged 19, and a 21-year-old woman were arrested in the 1 a.m. search and now face weapons-related offences.

METRO

### MacKay bridge

### Two arrested over marijuana

A traffic stop on the MacKay Bridge has led to two people facing drug charges.

Halifax police say at 9 p.m. Sunday, officers and bridge police stopped a vehicle and seized marijuana from inside it after smelling the drug.

Two men, aged 18 and 22, were arrested and facing charges of possession of marijuana.

METRO



Kyle Christensen holds his puppy, Zeus, as his girlfriend, Emily Spears, and their 10-month-old son, Raymond, look on. Zeus saved the lives of his owners early Monday morning when he alerted them to a fire that destroyed their home. JENNIFER VARDY LITTLE/NEW GLASGOW NEWS

# Man's best friend comes to rescue

**Fire.** Puppy alerts homeowners to danger, allowing everyone to escape safely

### Quoted:

"I always wanted a dog for my son — I never thought he was going to be a life saver."

Kyle Christensen

realized what was happening.

"It was this weird orange glow, that's all I saw," he said, shaking his head.

The entire back of the house was on fire, and it was spreading quickly. The rear entrance the family normally used was engulfed and the flames were already spreading underneath the staircase.

He rushed upstairs and woke his girlfriend, Emily Spears, and they quickly grabbed their 10-month-old son, Raymond, wrapping him in the blankets from his crib.

Christensen got them out the front door, and once he was sure his family was safe,

he went back in to get Zeus and grabbed a few bottles from the fridge for his son.

"The smoke detectors hadn't gone off yet — Emily heard them as we went up the road to the neighbours," Christensen said. "If it wasn't for that dog, we might not have made it out, because the fire was already up under the stairs."

Frantically, Christensen knocked on the doors of several neighbours, trying to alert someone to call 911. Finally, at the fifth house he tried, someone answered the door and ushered the family in out of the cold.



The couple's home was completely destroyed in the fire.

JENNIFER VARDY LITTLE/NEW GLASGOW NEWS

Wearing borrowed boots and shirt, Christensen sat on the deck of his grandparents' home in Abercrombie Monday morning as he shared his tale, his puppy cuddled in his arms.

"The baby loves him to death and he loves us, too, that's for sure," he said.

NEW GLASGOW NEWS

## Case of murdered professor delayed

A preliminary hearing for a Nova Scotia man facing a first-degree murder charge in the death of his wife has been delayed.

Patrick Chareka was ar-

rested in March 2011 after the death of 42-year-old Ottilia Chareka. The woman, an education professor at St. Francis Xavier University, died of blunt-force trauma after an incident

in her home in Antigonish.

Patrick Chareka has elected trial in Nova Scotia Supreme Court by judge and jury.

A preliminary inquiry was scheduled to start on Monday,

but both Crown and defence lawyers asked for an adjournment because a psychiatric assessment has yet to be completed.

THE CANADIAN PRESS



# Dralion roars, breathes fire in Halifax

## East meets West.

Cirque du soleil show performed by 52 acrobats, gymnasts, singers and musicians



JENNIFER  
TAPLIN

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What hybrid of real and mythical creatures needs 5,000 metres of fabric and 300 shoes?

Dralion.

The fourth Cirque du soleil show, Dralion will appear in Halifax for eight shows starting on Wednesday night.

Dralion, a combination of the dragon and the lion, is also a hybrid of Eastern and Western culture.

"This one is the East-meets-the-West aspect and you have a huge Asian influence," said Michael Veilleux, company manager for Cirque du soleil. "Half of our artists and staff are from China."

Earth, air, water and fire all take human form in Dralion and are joined by other deities on stage.

"They weave the story about how the elements are in discord and, throughout the show, how they learn to work in harmony, and the audience is really transported into that dream-like world,"

## Show info

Dralion at the Halifax Metro Centre runs Wednesday through Sunday.

- Tickets are \$35 to \$80 for adults and \$28 to \$65 for kids.
- The show is two hours long plus a 20-minute intermission.

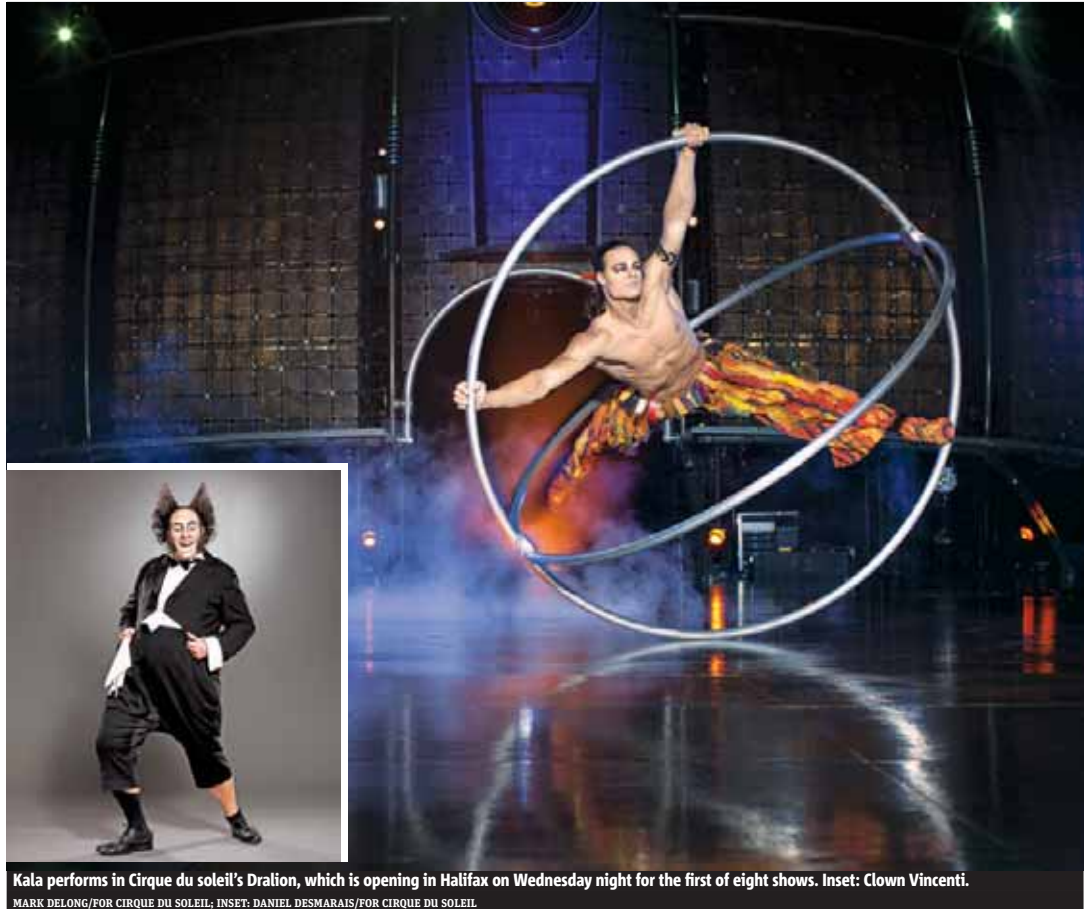
Veilleux said in a phone interview.

And being Cirque, there are clowns that use comedy to break up the show, he added.

Eighteen trucks are unloading at the Metro Centre and it will take crews 10 to 12 hours to set up the elaborate stage. The metallic stage is 18 metres wide and eight metres tall, crafted to look like a futuristic Chinese temple or a plate of medieval armor.

But it's the costumes, a signature of Cirque, that come in second to the performers for stealing the show.

Besides the 5,000 metres of fabric, a few of the unusual materials used in the Dralion costumes include horse hair, window screen, emu feathers, bubble wrap and Styrofoam. Bugs were glued onto one singer's costume to get the right texture on the chest plate.



Kala performs in Cirque du soleil's Dralion, which is opening in Halifax on Wednesday night for the first of eight shows. Inset: Clown Vincenti.

MARK DELONG/FOR CIRQUE DU SOLEIL; INSET: DANIEL DESMARAIS/FOR CIRQUE DU SOLEIL

## Pop Explosion funding actually going down this year: Executive director



Coun. Sue Uteck RYAN TAPLIN/METRO

The Halifax Regional Municipality giveth, the Halifax Regional Municipality taketh away.

The municipality's Special Events Advisory Committee has recommended cutting the Halifax Pop Explosion's (HPX) funding by \$15,000 over last year's amount, event executive director Jonny Stevens told Metro on Monday.

"We're happy to have the funding support from HRM but in the future we'd like to see clear communication from (the committee) so we can properly budget our event in a timely fashion," he said.

in," he said.

In 2011, the international music festival received \$40,000 from the municipality — \$10,000 as a municipal hallmark event, and \$30,000 on the condition the HPX hold a free concert.

This year, the festival will still hold a free concert, and budgeted for the same amount of municipal funding. But the advisory committee has recommended a total of \$25,000 be given to the festival.

Coun. Sue Uteck, who sits on the advisory committee, will ask for more time to

consider the issue. Council is scheduled to renew HRM's hallmark events grants Tuesday.

But the south-end Halifax councillor characterized the committee's decision as a \$15,000 bump in funding, not a \$15,000 cut.

"It says right on the application ... that what you apply for and what you're going to get, there's no guarantee of the funding amount you request," she said.

"The staff recommendation was for (\$10,000); as a committee we bumped him to (\$25,000)."

## Two decades

# 20

Halifax Pop Explosion turns 20 this year.

Uteck said the free concert was not in the original application.

Council has come under fire recently for turning down another popular Halifax event, Nocturne: Art at Night, for a \$34,500 non-annual events grant, which it received last year.

ALEX BOUTILIER/METRO

## Provincial campaign

### Local businessman seeks Liberal nomination in Chebucto riding

Halifax businessman Joachim Stroink is seeking the provincial Liberal nomination in Halifax-Chebucto.

Stroink, who owns and operates the Trail Shop, the North Face Summit Shop and Rackology, an-

nounced on Monday that he will be seeking the opportunity to take on incumbent NDP MLA Howard Epstein in the central Halifax riding.

"Liberals are speaking to the issues that matter right now, including making education the priority it needs to be," Stroink said in a release.

Stroink was raised and currently resides in the Halifax-Chebucto riding.

Speculation is a provincial election could be coming in 2013.

METRO



Joachim Stroink  
CONTRIBUTED

## Rally and march

### Int'l Workers' Day rally today

A rally and march to recognize International Workers' Day will be taking place on Tuesday in downtown Halifax during the lunch hour.

The event will start at noon at Grand Parade Square followed by a march beginning at 12:30 p.m.

Occupy Nova Scotia and the Halifax-Dartmouth & District Labour Council is hosting the rally. METRO

## Investigation ongoing

### Four facing charges after police confront masked men

Four people were arrested after police in Halifax say they confronted masked men leaving an apartment in Dartmouth.

Police say they received a 911 call from the 100 block of Victoria Road around 11 p.m. Sunday.

A caller told them a man was outside with a gun.

Minutes later, officers spotted two masked men — and one of them was armed.

Officers on the scene called for backup.

Police say three adult males and one youth are facing numerous weapons charges as well as robbery and assault. They also say more charges are possible as they continue to investigate.

There were no injuries. THE CANADIAN PRESS

## British Columbia

## Pilot charged in hang glider death

The man who was piloting a hang glider when a young woman fell to her death over B.C.'s Fraser Valley is accused of withholding key evidence. RCMP charged William Orders with obstruction of justice two days after Lenami Godinez, 27, dropped from the glider. Godinez and her boyfriend brought the

hang-gliding experience to celebrate their anniversary and RCMP said her boyfriend was waiting for his turn when he saw the young woman fall.

RCMP Cpl. Tammy Hollingsworth said Monday that Orders will remain in custody until at least May 2 when he appears in court to face the charge.

"The charge is related to an allegation that he withheld some key evidence that could help us with our investigation."

THE CANADIAN PRESS

## Nigeria

## Suicide bomb kills 10

A motorcycle-riding suicide bomber drove into a convoy carrying a top police official in north-east Nigeria on Monday, detonating his explosives and killing at least 10 people, rescue officials said. The attack targeted police commissioner Mamman Sule.

THE ASSOCIATED PRESS

## Uganda

## Kony backed by Sudan: Officials

Ugandan officials are renewing a claim made with some frequency over the years: that rebel leader Joseph Kony and his Lord's Resistance Army are receiving backing from the government of Sudan.

Ugandan forces commander Gen. Aronda Nyakairima said Monday he found credible a report

from a captured LRA fighter saying that Kony was recently in southern Sudan. Col. Felix Kulayigye, the military's spokesman, said some of the LRA rebels captured by the Ugandan military wore uniforms supplied by Sudan, though Nyakairima said officials have not found fighters with weapons supplied by Sudan.

"Kony has always been a pawn in the Khartoum chess game over South Sudan. They have used him before and they hope to use him again," Kulayigye said.

THE ASSOCIATED PRESS

## India

## Dozens die as ferry capsizes

A packed ferry boat capsized in heavy winds and rain in northeastern India Monday, leaving at least 35 people dead and 165 others feared missing, police said.

Police chief J.N.

Choudhury said the boat was carrying about 350 passengers. About 150 were rescued or swam to safety, he said. THE ASSOCIATED PRESS

# Conrad Black faces battle for citizenship

**From mogul to lord to inmate.**  
Canadian citizenship uncertain for soon-to-be-released Black

Immigration lawyers say Conrad Black faces yet another long legal battle if he hopes to return to Canada.

The disgraced former media baron, who renounced his Canadian citizenship to become a British lord, is due to be released Friday after serving three and a half years in prison.

Black has suggested he would like to reclaim his citizenship, but immigration lawyers say that would be no easy feat.

Black's fraud and obstruction of justice convictions make him inadmissible for permanent residency in Canada, despite the fact he's married to a Canadian citizen, Barbara Amiel.

They say Black's only

## Ups and downs

- **Assets.** Black led Hollinger International Inc., which published The Daily Telegraph, Chicago Sun-Times, Jerusalem Post, National Post and hundreds of community newspapers in North America.

- **Charges.** Black was charged in 2005 with 17 counts of misconduct and of defrauding Hollinger of \$60 million.

- **Convictions.** Black was convicted of fraud and obstruction of justice in 2007.

hope is a temporary residency permit, which essentially stands as permission from the immigration minister or his delegates.

A recent Supreme Court ruling says Black would require such a permit to come back, but lawyers say it's anyone's guess as to whether he'll receive it.

THE CANADIAN PRESS



## Minister Baird dons robes of defeat

Minister of Foreign Affairs John Baird dons a New York Rangers jersey after losing a bet to U.S. Secretary of State Hillary Clinton on Parliament Hill in Ottawa on April 27. The Ottawa Senators were defeated by the New York Rangers in the first round of Stanley Cup playoffs.

SEAN KILPATRICK/THE CANADIAN PRESS

## Morality police

## 'Corrupting' artist awaits trial

A Quebec special-effects artist charged with corrupting morals will have to wait until the end of the year to go to trial.

Remy Couture has been awaiting trial on three charges stemming from short horror films he created about an imaginary mass killer.

THE CANADIAN PRESS

## Federal layoffs

## Nearly 4,000 jobs on the line

Another 3,800 civil servants were told Monday that their jobs are on the line.

Parks Canada took the biggest hit in the government's third wave of notifications, with over 1,000 people told their jobs are at risk. More than 600 positions will be eliminated entirely.

"Canadians can expect fewer services and shorter seasons at national parks and historic sites," said Doug Marshall, president of the Union of National Employees, which represents about 3,000 Parks Canada workers.

THE CANADIAN PRESS

# Activist's escape compromises U.S.-China diplomatic ties



This undated photo shows blind Chinese legal activist Chen Guangchen with his son, Chen Kerui, and his wife, Yuan Weijing, in Shandong province.

WWW.CHINAID.ORG/THE ASSOCIATED PRESS

U.S. and Chinese officials are ironing out a deal to secure American asylum for a blind Chinese legal activist who fled house arrest. An agreement will likely be finalized before Secretary of State Hillary Clinton arrives this week, a U.S. rights campaigner said Monday.

Bob Fu of the Texas-based rights group ChinaAid said that China and the U.S. want to reach agreement on the fate of Chen Guangcheng before the annual high-level talks with Clinton and other U.S. officials begin in Beijing on Thursday.

"The Chinese top leaders are deliberating a decision to be made very soon, maybe in the next 24 to

48 hours," Fu said, citing a source close to the U.S. and Chinese governments. Both sides are "eager to solve this issue," said Fu, a former teacher at a Communist Party academy in Beijing whose advocacy group focuses on the rights of Christians in China and who maintains a network of contacts in the country.

"It really depends on China's willingness to facilitate Chen's exit," Fu said.

Chen, a well-known dissident who angered authorities in rural China by exposing forced abortions, made a surprise escape from house arrest a week ago into what activists say is the protection of U.S. diplomats in Beijing,

posing a delicate diplomatic crisis for both governments.

At a briefing in Washington on Monday, State Department spokeswoman Victoria Nuland declined to comment on Chen's case.

She gave the first U.S. government confirmation that Assistant Secretary of State Kurt Campbell is currently in Beijing, but described his visit as preparation for Clinton's trip.

She said the U.S.-China Strategic Dialogue is planned to go ahead.

Both sides want the annual talks to provide ballast to a relationship that is often rocky and to provide ways of working out disputes on trade, Taiwan, Syria, Iran

and North Korea.

In a video made after Chen escaped from his village and released last Friday, the activist made no mention of wanting to go abroad. Instead he beseeched Premier Wen Jiabao to investigate the beatings, harassment and other mistreatment he, his wife and daughter suffered at the hands of local officials during 20 months of house arrest.

If Chen was willing to leave China, Washington could ill afford to turn him away. Clinton and other senior officials have repeatedly raised his case in meetings with Chinese officials.

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# Banks got billions during financial crisis: Think-tank

**Federal funds.** Ottawa maintains Canada's banks did not require a bailout during the 2008-09 economic crash

Canada's big banks received billions in support from the federal government and the Bank of Canada during the 2008-09 financial crisis, a report by the Canadian Centre for Policy Alternatives says.

"While these funds were repaid in full, it is clear that the banks benefited enormously from public financing when private funds were unavailable," wrote David Macdonald, author of the report released Monday.

"In addition, had the rapid and enormous deployment of public funds not been available, most, if not all, Canadian banks would have encountered

## Finance Department

Finance Department spokesman Chisholm Pothier said the government extended financing "at competitive interest rates," not subsidies.

- The Canadian Bankers Association, which represents the country's banks, said the funding was put in place to ensure that credit was available to lend, not because the banks were in danger of going bankrupt.

serious difficulty."

The left-leaning think-tank estimated the country's largest financial institutions borrowed nearly \$75 billion in short-term collateralized loans from the Bank of Canada and the U.S. Federal Reserve, peaking at \$41 billion

and \$33 billion respectively.

The banks also sold a total of some \$69 billion worth of insured mortgage-backed securities to the government, the report estimated.

The Centre for Policy Alternatives based its report on information provided by Canadian public institutions and analysis of the banks' financial reports.

The report noted that much of its work was based on estimates because the federal government and the Bank of Canada have refused requests for a detailed accounting.

"A healthy financial system cannot be based on massive government support for which the details remain secret," the report said.

Ottawa has said repeatedly that Canada has one of the soundest banking sectors in the world and the country's banks did not require a bailout during the 2008-09 financial crisis.

THE CANADIAN PRESS



## Competition coming

A Barnes & Noble Nook Color e-reader, left, is shown next to a Nook Simple Touch e-reader on display at a Best Buy in Mountain View, Calif., on Monday. Books and bits united Monday as Microsoft provided \$300 million to help Barnes & Noble compete with top electronic bookseller Amazon. In exchange, Microsoft gets a long-desired foothold in the business of ebooks and college textbooks. The two companies are teaming up to create a subsidiary for Barnes & Noble's ebook and college-textbook businesses, with Microsoft taking a 17.6 per cent stake. Microsoft also said the deal means that there will be a Nook application for Windows 8 tablets, set to be released this fall. The app is likely to get a favoured position on Windows 8 screens. The deal also puts to rest concerns that Barnes & Noble doesn't have the capital to compete in the ebook business with market leader Amazon.com Inc. and its Kindle, said analyst David Strasser at Janney Capital.

PAUL SAKUMA/THE ASSOCIATED PRESS

## StatsCan

### Canadian GDP falls in weak February

The Canadian economy unexpectedly shrank in February due to a slowdown in the mining and manufacturing sectors, dampening expectations that the Bank of Canada will raise interest rates soon.

Statistics Canada reported Monday that the country's gross domestic product declined by 0.2 per cent from January. Economists had been expecting growth of 0.2 per cent. THE CANADIAN PRESS

## Market Minute

**DOLLAR**  
101.22¢ US (-0.72¢)

**TSX**  
12,292.69 (+54.95)

**OIL**  
\$104.87 US (+6¢)

**GOLD**  
\$1,664.20 US (-60¢)

**Natural gas:** \$2.285 US (+9.9¢)  
**Dow Jones:** 13,213.63 (-14.68)

# Apple's tax strategy cuts tax tab by billions

A published report says Apple uses subsidiaries in Ireland, the Netherlands and other low-tax nations as part of a strategy that enables the technology giant to cut its global tax bill by billions of dollars every year.

The New York Times on Sunday outlined legal methods used by Cupertino, Calif.-based Apple to avoid paying billions of dollars in federal and state taxes.

One approach highlighted in the report: Even though the company is based in California, Apple has set up a small office in Reno, Nev., to collect and invest its profits. The corporate tax rate in Nevada is zero. In California, it's 8.84 per cent.

While many major corporations try to reduce their

## Published report

The New York Times says Apple paid \$3.3 billion in cash taxes globally on \$34.2 billion in profits last year — a tax rate of 9.8 per cent.

- Apple told the Times that it has complied with all laws and accounting rules, and says that its U.S. operations generated nearly \$5 billion in federal and state income taxes in the first half of fiscal 2012.

tax bills, technology companies like Apple, Google Inc., Microsoft Corp. and others have more options to do so.

That's because some of their revenue comes from digital products or royalties

on patents, which makes it easier for them to move profits to tax-friendly states or countries, the Times said.

In contrast, it's tougher to shift the collection of profits from the sale of a physical product — like groceries or a car — to a tax-friendly haven.

The 71 technology companies in the S&P 500, including Apple, Google, Yahoo Inc. and Dell Inc., reported paying global cash taxes over the past two years at a rate that's, on average, one-third less than other S&P 500 companies, the Times said.

Apple has legally allocated about 70 per cent of its profits overseas, where tax rates are often much lower than in the U.S., according to company filings.

THE ASSOCIATED PRESS

## Spain. Leaders talk banks

As their losses from mortgages grow, Spanish banks have begun discussions about creating a separate entity — a "bad bank" — to take on these assets and relieve pressure on the financial sector.

The goal of the new organization would be to reduce the financial strain on banks and

prevent the need for either a more costly government bailout or an international rescue like in Greece, Portugal and Ireland. The National Statistics Institute announced Monday the country was officially back in recession as of the first quarter, when the economy shrank 0.3 per cent. THE ASSOCIATED PRESS

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# A TRIP ABROAD IS THE ULTIMATE RELATIONSHIP BAROMETER



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

together is an important rite of for all couples. And I'm not to the sitting-in-matching-chairs-while-you-sip-mojitos-all-inclusive-resort kind of

"travelling"; I'm talking about real globe-trotting.

While traversing foreign continents can mean sharing some wonderfully romantic moments together, it can also (and somehow simultaneously) be a complete and utter nightmare. Seeing the world hand-in-hand is an eye-opening experience that can bring you closer together or tear you apart.

You really don't know if you're going to be good together forever until you've seen each other at your worst.

## Dating in second gear

You'll quickly learn that there is such a thing as "too much time together." You will get on each other's nerves and there won't be any means of escape.

This usually happens after 18 hours in transit or in a cockroach-infested hostel in Southeast Asia. So taking your relations on the road — whether by car, bus, train, plane or boat — can be an excellent compatibility test.

Being together for an extended period of time requires a whole new level of intimacy. Bad habits are

exposed and there's no hiding your true colours from one another. You will discover all of your sweetie's idiosyncrasies (over-packing, tardiness, disorganization, bad hygiene), and your patience will be tested to the very edge.

You'll quickly learn that there is such a thing as "too much time together." You will get on each other's nerves and there won't be any means of escape. A couple of years ago, I went on a three-week European vacation with my boyfriend. During that trip, I often found myself hiding out in the bathroom just so I could have some proper alone time.

The most important thing you should pack on any trip together — other than your passport — is a sense of humour. There will be times when you'll feel overwhelmingly hungry or sick, or tired. Things will go wrong — you'll miss a train, lose your Visa card, eat questionable seafood, break your camera — and you will have to keep going.

The most important thing for couples to remember is that you will fight; it is inevitable and unavoidable. Eventually, those "we'll laugh about this later" incidents will get to you and you'll reach your breaking point. You'll scream, cry and have a miserable sort of breakdown that makes you look like a complete crazy person.

Here's the thing: if you do all that and your partner STILL wants to sit next to you on the plane ride home, well, then you know it's meant to last.

# Buzz on bees not optimistic



PAT WELLENBACH/THE ASSOCIATED PRESS

## Bee yourself

### State of honeybees up in the air

A bee works on collecting nectar from a fruit tree in West Bath, Maine, Monday. A state bee expert says conditions are perfect for another honeybee die-off. A mild winter and unseasonably warm early spring have created conditions reminiscent of 2010, when an explosion in the mite populations killed off many colonies.

THE ASSOCIATED PRESS

## On Canadian soil

### Population has depleted recently

The health of the bee population in Canada has been a concern in recent years due to the infestation of mites. In the last seven years or so, the over-winter loss rate of hives has fluctuated between 20 and 30 per cent. Before that, it was generally five to a maximum of 15 per cent. There is also a worry the mites will become resistant to the products used to treat them.

## So far, so good

- This year in Canada is so far, so good. Although it's still early in the season, anecdotal reports from beekeepers and provincial apiarists across the country indicate this spring the survival rate for bees in Canada seems to be fairly good.
- It could be because beekeepers are addressing the mite problem better than they have in the past and it could be a function of the mild winter across much of the nation.

## On the map

### 5th

Canada is the fifth-largest honey producer in the world, with about 7,000 beekeepers operating a total of 600,000 honeybee colonies, says Rod Scarlett, executive director of the Canadian Honey Council, based in Sherwood Park, Alta.



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Now that there are no Canadian teams left in the playoffs, you ...

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WATCHING

23%  
ARE STILL  
TUNING IN.  
HOCKEY IS  
CANADA'S  
SPORT!

44%  
WEREN'T WATCH-  
ING TO BEGIN WITH



## Twitter

**@shelleyhawk45:** What an exciting season in Halifax! Congratulations to the Halifax Mooseheads & the fans on their playoff run. #moosemania #greatmemories

**@aldelory:** Twitter doesn't recognize the word donair? Twitter obviously needs a late night in downtown Halifax and a visit to pizza corner.

**@Tim\_Nutt\_Comic:** Recovering nicely from my 3 day

Vodka Donair cleanse. Thanks #Halifax

**@hellogarlic:** Is tired of being solicited by people in vests wanting to talk. Can't we go for a walk anymore in downtown #halifax without be bothered?

**@briburrows:** Somedays I really detest the wind tunnels halifax calls streets. #nohavingagoodhairdayany-more



# Beauty and the Bond film

Despite being a serial womanizer, 007 is actually more particular about his women than his martinis. In order to share the screen and the sheets with the suave secret agent there are stiff prerequisites: 1) Possess a rocking body worthy of a triple-take 2) Pull off a name dripping with giggly double entendres. 3) Point two can be overlooked provided the answer to one is "complete knockout." We reminisce and catch up a little with five of James' ex gal-pals.

MIKE DOJC  
life@metronews.ca



## Famke Janssen

Age: 46  
Bond girl name:  
Xenia Onatopp  
Movie: GoldenEye

Onatopp first gets Pierce Bronson's motor sputtering when he sees her burning rubber in a Ferrari 355 GTS. While the ex-KGB agent's predilection for street racing and baccarat intrigue Bond, when he finds out crushing men to death with her thighs whilst making love is also a hobby of hers he draws the line.

**Flirt Spurt:** Onatopp — "You don't need the gun ... Commander." Bond — "That depends on your definition of safe sex."

**Post Bond:** Her turn as Jean Grey in the X-Men flicks is what the Danish actress is now best known for. This fall she'll reprise her role as Liam Neeson's wife in Taken 2.



## Carey Lowell

Age: 51  
Bond girl name:  
Pam Bouvier  
Movie: License to Kill

An ex-army pilot turned CIA informant, this statuesque looker can handle herself in hairy situations often outshining Timothy Dalton in the taking care of bad guys business. In the documentary Bond Girls Are Forever Lowell shared that Dalton provided detailed instructions on how she should lock lips with him.

**Flirt Spurt:** "If it weren't for me your ass would've been nailed to the wall!"

**Post Bond:** Played assistant district attorney Jamie Ross on Law & Order and on the short lived spinoff Trial By Jury. She tied the knot with hubby Richard Gere in 2002.



## Jane Seymour

Age: 61  
Bond girl name:  
Solitaire  
Movie: Live and Let Die

The smart and saucy British bombshell helped ease Roger Moore into his role as the dashing M16 operative. Moore slyly ups the odds of getting with this sexy psychic by stacking her tarot deck with lovers cards. While Bond's caddish behaviour and games of deceit can sometimes paint women as naive, Solitaire herself was a card shark, getting James to draw the fool in their first encounter. So just maybe she played him just as much as he played her.

**Flirt Spurt:** "Pick a card."

**Post Bond:** Starred in Dr. Quinn Medicine Woman in the 1990s and played the randy mom in Wedding Crashers



## Diana Rigg

Age: 73  
Bond girl name:  
Tracy di Vincenzo  
Movie: On Her Majesty's Secret Service

Convincing a perpetual playboy to stick around for breakfast after a roll in the hay takes some doing, throw in an engagement ring and you know this must be love. Taming George Lazenby was a plot point made more believable to audiences as Rigg already dwarfed the one-movie Bond for spy-cred, having played Emma Peel on The Avengers. Being one of the first Bond girls with a name that didn't elicit schoolboy snickers also surely helped matters.

**Flirt spurt:** "Why do you persist in trying to rescue me, Mr. Bond?"

**Post Bond:** Won a Tony for playing the title character in Medea and hosted Masterpiece Mystery from 1989-2004.



## Ursula Andress

Age: 76  
Bond girl name:  
Honey Rider  
Movie: Dr. No

They say you never forget your first love. Well your first extended movie ogle also belongs in the top drawer of the mental filing cabinet. Honey Ryder's white bikini clad entrance remains the fifty-year old franchise's most iconic scene. It's also a testament to the magic of movies as her Swiss-German accent was so thick her lines had to be dubbed. Andress' sexy sea to shore saunter was later paid homage to by Halle Berry in Die Another Day and Daniel Craig in Casino Royale.

**Flirt spurt:** Honey — What are you doing here? Looking for shells?" Bond — "No, I'm just looking."

**Post Bond:** Played Aphrodite in Clash of the Titans.

# Severine: From Cambodia with love

KIERON  
MONKS  
Metro World News in Buckinghamshire

When the model and TV actress first heard that Skyfall auditions were to be held Paris, she became obsessed. "I sent my reel to anyone on Facebook related to the movie," Bérénice Marlohe recalls.

But after the casting director got in touch and she found herself testing scenes with Daniel Craig and Sam Mendes, the

pressure hit home.

"There were moments when I felt scared and trapped by this huge concept of Bond girl", the 32-year-old admits. Marlohe's first passions were art and the piano, and as a self-confessed "paranoid" — starring in a \$150 million blockbuster represented a departure from her comfort zone.

The 32-year-old was helped in her role as the mysterious Severine by studying Famke Janssen's dominatrix Xenia On-

atopp in GoldenEye. "It's so original to have a character who kills and has an orgasm at the same time, that's what we go to movies for."

In the end, a sense of responsibility pacified Marlohe. Of Cambodian descent, she saw the global platform offered by the role as a chance to represent her country, still scarred by recent genocide and continued oppression "I see it as power to be a voice for my country, to speak for those who don't have

that chance. I will use the celebrity for human rights".

## Exclusively online

- Timeline.** We introduce you to James Bond's newest nemesis in tomorrow's edition of Metro. Go online to metronews.ca/features for our complete look at 50 years of Bond movies.



## SCENE

### Scene in brief

## Racing to measure the heavens

On June 5 or 6, depending on the time zone, millions of people around the globe will watch Venus glide across the sun in a rare celestial event that won't happen again until 2117. Because the planet is just 1/32nd the diameter of the sun, its silhouette will appear as a black speck during its six-plus hour passage.

Observers must guard their eyes from dangerous solar rays lest they go blind in an instant. So why go to the trouble, you ask? Because not that long ago, the Transit of Venus was the key to unlocking the distance between Earth and the sun — and by extension, the size of our solar system. And also because the strenuous efforts of 18th-century astronomers to measure the exact time and duration of this singular event represent one of the most thrilling chapters in the history of science. In a fitting homage to those courageous and dedicated souls, British design historian Andrea Wulf has written an absorbing account of their expeditions to do so in 1761 and 1769. (Transits come in pairs that are eight years apart and separated by over a century.) Check out Chasing Venus: The Race to Measure the Heavens (Alfred A. Knopf), by Andrea Wulf.

THE ASSOCIATED PRESS

### On the web



Judge in Montana dismisses lawsuit against Three Cups author Greg Mortenson



# Adrien Brody goes back to school

**Detachment.** Academy Award winning actor tries to inspire youth in his latest role as a public school teacher

**NED  
EHRBAR**  
Metro World News in Hollywood

Oscar-winner Adrien Brody has been particularly choosy when it comes to roles lately, popping up in very few movies in recent years — in fact, in 2011, he didn't do much besides his cameo as Salvador Dali in *Midnight in Paris*. That level of pickiness makes him a good match for the equally choosy writer-director Tony Kaye, whose *Detachment* — in which Brody stars — is only his third feature film, after *American History X* and *Black Water Transit*. The son of a teacher, Brody felt a special connection to the project, in which he plays an emotionally arrested long-term substitute teacher fa-

cing a gruelling assignment at a public high school.

**What initially drew you to the project, to working with Tony?**

Well, I look to find material that has some social relevance, that has something greater than being merely entertaining, and this film touches on such important matters that affect all of us and our future, and the importance educating young people and giving them a sense of guidance that I feel so many young people are missing. And I also know how valuable that is, just knowing my parents have provided the right influence on me. I surely would've turned out very differently without that. I also went to public school, and I know that it's filled with challenges for both the teachers and the administrators and the students. I think it's just a complex, relevant story, and I wanted to be a part of it.

**It does seem an important**

**story to tell, the perspective of the teachers.**

The film also to me is a reminder that you can't have that expectation of your teachers to just make everything right, and that it has to begin in the home. The education and the guidance and the sense of a greater understanding of the world around us has to come from home.

**Tony Kaye presents the film in a fairly arty, unconventional way. Did it feel that way shooting it?**

Well, Tony has a spontaneity and an unconventional approach to a lot of things that I find very exciting to be a part of. We are making a film and there are certain rules and restrictions — you need adequate lighting and you need film and you need a scenario and you need actors to relate to one another, but Tony is very receptive to the energy. He knew where to be and when. He would heighten certain moments, and I find that really interesting — especially with regard



**Adrien Brody is an emotionally arrested substitute teacher in *Detachment*. HANDOUT**

to my character. I've seen the film several times and I played the role, but it's still so unpredictable to me. You don't really know if he's bad or if he's something incredibly good. And I love that. I think too often protagonists turn out to be predictable. And you know, Tony achieved that by really pushing the envelope and pushing me to go to extremes.

**Did you have any teachers in your own life that had an impact on you?**

Well sure. A lot of young kids don't have a tremendous amount of patience, and some teachers really have a knack for getting your attention and keeping it. But unfortunately many don't. I have a few that were real gems, and the greatest of them all would be my father. Even though

he wasn't my teacher in a school, my father was the one who really instilled the most in me. I know that his students loved him. He has a profound patience and generous nature and thoughtfulness. At a very young age he really made me understand accountability and taught me a great deal about history and the world around me, so I'm grateful for that.

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and effective by at least two clinical studies."

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Liberatore says people often come into The Healthy Bug looking for products to help with medical conditions such as arthritis, high cholesterol, migraines, stomach problems, colds and flus, insomnia, anxiety, weight issues, and immune dysfunction.

Now celebrating its seventh year in operation, customers will appreciate the expertise and knowledge of The Healthy Bug's employees. Liberatore has 17 years

### MAD SPECIALS AT THE HEALTHY BUG

Open Monday through Saturday, The Healthy Bug holds Mad Monday on the first Monday of every month, when it offers 15 per cent off all regularly priced products, except organic meat, free range chicken and Schoolhouse Gluten Free products. Every Wednesday, the Healthy Bug offers a seniors discount of 10 per cent off.

of experience in the industry, which gives him tremendous insight into understand-

ing the needs of his clients and how The Healthy Bug's products can help them.

Located at 3514 Joseph Howe Dr., The Healthy Bug offers an unrivalled 90-day return policy for customers who are not satisfied with their purchases. It also has a reward points program, which is appropriately called The Bug Club.

"There's no card or cost," notes Liberatore.

Instead, The Healthy Bug tracks purchases for those customers who wish to participate in the program. When people reach 300 points, they receive a \$10 credit, which is valid for purchases more than \$40.

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## 5 HEALTH MYTHS EXPOSED

WE HEAR MANY SUPPOSED TRUTHS ABOUT OUR HEALTH IN OUR DAY-TO-DAY LIVES. THE REALITY IS THAT NOT ALL OF THESE ARE TRUE. THE FOLLOWING ARE THE FACTS:

### 1 You must drink at least eight glasses of water a day.

#### VERDICT: FALSE

"There's no real evidence to prove that you need eight glasses of water a day," says Lou Liberatore, the owner of The Healthy Bug, a natural food shop. The Institute of Medicine recommends that men consume the equivalent of about 125 ounces of water daily and that women consume about 91 ounces — but that includes water intake from all foods and beverages.

### 2 Eating low-fat foods will make me healthy.

#### VERDICT: FALSE

A low-fat diet and a healthy one are not one and the same. Low-fat diets typically

replace fat with sugar. A common scenario in an office environment is that people will microwave a low-fat meal and never lose an ounce. Instead, eat fresh, unprocessed foods and cut out or reduce the sugar and simple carbohydrates, such as white flour, white rice and white pasta, in your diet. Make sure that good fats such as olive oil and coconut oil are a part of your diet.

### 3 We get all of our vitamins from our food. We don't need vitamins.

#### VERDICT: USUALLY FALSE

Two hundred years ago this may have been possible, but with the advent of chemicals and modern farming practices, it's very difficult today. For example, it's almost impossible to get enough vitamin D during



The saying that people need to drink eight glasses of water a day is one of many common myths surrounding people's health.

the winter months in Canada. The RDI (recommended daily intake) for women for magnesium is 325 mg. Most women only get about one-third of this from their diet. If you follow a vegetarian diet, you may also need to add vitamins such as B12 and iron to your supplementation.

### 4 By taking vitamins, you don't need to exercise.

#### VERDICT: FALSE

There is no substitute for exercise. Exer-

cise will help keep your blood pressure normal. It will help keep you strong, prevent osteoporosis and keep your heart healthy.

### 5 If your blood pressure is up, drink a cup of tea.

#### VERDICT: TRUE

The latest research shows that polyphenols in tea help lower blood pressure. Better yet, drink hibiscus tea or cocoa. It helps bring your blood pressure down as well.

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The Healthy Bug carries many products for helping people deal naturally with pain.

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It is estimated that six million to eight million Canadians live with chronic pain.

"Pain management is one of the most common reasons people come to my store," says Lou Liberatore, the owner of The Healthy Bug.

The Healthy Bug offers many products that offer a natural remedy for dealing with pain.

Two common causes of pain are osteoarthritis and rheumatism.

Osteoarthritis is caused by the breakdown of cartilage in one or more joints and is most common in adults older than 60. Osteoarthritis can be thought of as the wearing out of our joints' natural shock absorbers, which leads to pain for our bodies.

The latest innovation in joint pain management comes from an unusual food — eggshell. According to two clinical studies, natural eggshell membrane (NEM) is an effective and convenient way to manage osteoarthritis.

NEM contains naturally-occurring glucosamine, chondroitin, hyaluronic acid and type one collagen. NEM works in as little as seven to 10 days.

Glucosamine on its own can help with osteoarthritis, but it can take 90 days or more to work. Glucosamine only works for osteoarthritis.

Rheumatism is an inflammatory disease that people of any age can develop.

According to two different studies, NEM seems to work for both types of arthritis in as little as 10 days.

Besides NEM and glucosamine, collagen on its own can help with osteoarthritis.

To help with inflammation, herbs such as devil's claw, cat's claw, boswellia and white willow bark also help.

According to research done by Dr. Patrick Bouic at the University of Stellenbosch in South Africa, plant sterols, specifically beta sitosterol, has helped people who suffer from rheumatism. Bouic discovered

that taking 60 mg of beta sitosterol per day helped alleviate the pain people suffering from rheumatism experienced.

Beta sitosterol helps modulate and improve the immune system.

Before taking supplements, people experiencing pain should see their family doctor and have an assessment done to find out what type of arthritis they are suffering from.

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# THE HEALTHY BUG CELEBRATES 7 YEARS!

THE HEALTHY BUG ANNIVERSARY

METRO CUSTOM PUBLISHING

## THE POWER OF PURPLE POTATOES

STUDIES HAVE SHOWN THAT ABOUT ONE OUT OF THREE CANADIANS HAVE HIGH BLOOD PRESSURE

Blood pressure is measured by two numbers. The top number measures blood pressure when your heart beats, while the bottom number is your blood pressure when your heart relaxes.

High blood pressure increases the damage to one's blood vessels and the risk of stroke, heart and kidney failure.

Blood pressure tends to increase with age, but the healthy ratio is 120/80 for most people.

One should have their blood pressure checked when seeing their family doctor. It is also a good idea to purchase a blood pressure machine.

"Most people do not realize there are natural treatments for controlling high blood pressure," says Lou Liberatore, the owner of The Healthy Bug, a natural health shop.

While regular exercise helps lower blood pressure and monitoring salt intake is also important, what else can be done?

"Eat purple potatoes!" says Liberatore.

According to the Journal of Agricultural and Food Chemistry, when individuals who were overweight consumed two servings of purple potatoes per day, not only did they lower their blood pressure, but weight gain was also reduced.

What else can one do to naturally reduce their blood pressure?

Cocoa is another option.

There is an island located in Central America where a medical researcher discovered its residents rarely experienced high blood pressure.

However, when some of these Kuna Indians moved off the island to Panama City, their blood pressure increased.



Drinking hibiscus tea and cocoa have been shown to lower blood pressure.

The researcher discovered their secret to having normal blood pressure was cocoa consumption, of which the Kuna Indians consume five or more cocoa drinks per day.

"If you decide to try cocoa, make sure it's pure organic cocoa without sugar," says Liberatore. "To prepare, take a tablespoon of cocoa, mix it with a cup of milk (or milk substitute), heat it up, and enjoy!"

When it comes to supplements, there are a few that stand out for lowering blood pressure. They include celery seed extract

(which acts like a natural diuretic), fish peptides (derived from the Japanese Bonita fish), magnesium and chlorogenic acid (derived from the green coffee bean).

Consuming more potassium-rich foods on a daily basis such as bananas, oranges and coconut water can also help lower one's blood pressure.

As you can see from the aforementioned examples, there are several ways to bring your blood pressure to a healthy range.

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## HAVE a HEART

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## Were M.J. and Whitney an item?



Michael Jackson's former bodyguard claims the late King of Pop had an affair with Whitney Houston in 1991 — and even wanted to marry the late singer.

"Whitney practically moved into Michael's ranch and they had a fling like any other young couple," Matt Fiddes tells the Sun. "Michael said later he had always hoped the relationship had gone further, and I know he dreamed of marrying her." Fiddes says the pair had one more run-

in at a 2001 tribute concert for Jackson. "They were both a mess, to be honest," Fiddes says of the reunion. "They shared what would be their final hugs and Michael begged Whitney to get off the drugs that were destroying her life." For those keeping track at home, Fiddes is the same former bodyguard claiming to be the biological father of Jackson's youngest child, Blanket, insisting that Jackson used Fiddes' sperm to conceive the boy.

## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

### Keeping up with E!

According to a source at Us Weekly, "Khloe Kardashian has pulled the plug," on her E! spin-off series Khloe and Lamar. The reason, according to TMZ.com, is that Lamar Odom wants to focus on reviving his faltering NBA career.

However, Kardashian's publicist tells Entertainment Weekly: "The show has not been cancelled. It will depend on their schedules as Lamar's basketball schedule is a priority."

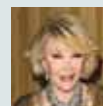
If the series doesn't return for a third season, at least there's another reality TV show about the trials and tribulations of young married

life hitting the network. Married to Jonas, starring Kevin Jonas and his wife, Danielle, will follow the couple as they navigate their daily lives at their New Jersey home while juggling his recording and touring schedule and various sets of in-laws.

Here's an idea, E!: Have Khloe and Lamar move next door to the Jonases, get Lamar on the (now Brooklyn) Nets with Kim Kardashian ex Kris Humphries, and create the most beautiful reality TV mash-up in the world. You can thank (and pay) me later.



### Twitter



#### @loan\_Rivers

A nightclub patron accused Lindsay Lohan of throwing a drink in her face? Can't be true! Lindsay would never let any booze go to waste.



#### @lindsaylohan

didn't miss my flight, was always taking a red eye because i was working during the original flight



#### @SimonCowell

Hate to admit that @piersmorgan is a brilliant interviewer



#### @AlbertBrooks

Two Avengers just came up to my kids on the street and took \$50. This movie is going to make a fortune.

## McDreamy to the McRescue

Grey's Anatomy star Patrick Dempsey played a real-life hero when a teenager's car flipped over onto the yard of his Malibu home, according to People magazine. Dempsey used a crowbar and fire extinguisher to pull the 17-year-old driver, Weston Masset, to safety. "I was scared for my life. I was upside down," Masset

says. "He was there for me. It would have been a lot worse without him." The teen admits he was a bit caught off-guard when he was pulled from the car and saw Dempsey standing over him. Masset remembers asking, "Are you famous?" to which Dempsey reportedly replied, "Yeah, I'm a doctor."

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# 3

## LIFE

On the web



Analytical thinkers are less religious than people who go with their gut

### Top infertility treatments



### IUI (Intrauterine Insemination)

This is the act of placing sperm into a woman's uterus during ovulation. Lower tech, less intrusive methods such as IUI are becoming increasingly popular but their success rate depends entirely on the initial cause of the infertility.



### Clomid

This widely prescribed and inexpensive pill helps women get their ovulation in synch. It is one of the most successful fertility drugs.



### Adoption

Adoption can be costly and challenging in many ways and its success is hugely dependent on external factors like wait times.



Some experts are trying to make it more socially acceptable to talk about infertility. HANDOUT

# Open up on infertility

## It's time to talk.

Experts are trying to get people discussing the issue of not being able to have children

ROMINA  
MCGUINNESS  
Metro World News

A house. A car. A career. A spouse and 2.5 kids. Should you choose to live conventionally, you probably spend your days in pursuit of all of the above. Most are within your control. If you want a car, you save and buy one. If you want a spouse, you have a drink, and then meet friends of friends. But the 2.5 kids — what happens if your body can't produce a child?

Infertility is something you don't hear a lot about, among people in their 20s, but experts are aiming to get more people accepting of the

issue.

Barbara Collura, Executive Director of RESOLVE: The U.S. National Infertility Association, says there's a stigma and shame attached to infertility that's prevented it from being discussed properly.

"Anyone in the AIDS world will tell you how 25 years ago people thought it was contagious — now, everyone speaks about it," she says. "But with infertility, we haven't gotten to the point where people are ready to open up." Until society normalizes infertility, don't expect to see people running marathons shouting 'woo hoo! I'm infertile!'

So why is infertility such a sensitive subject? One reason is because it revolves around sex.

"The moment someone finds out they can't reproduce, they feel let down by their body. The way they see it is that it's not performing the way it 'should' be," ex-

On the web

Want more?

- **Personal.** Read one woman's personal account of dealing with infertility at [metronews.ca](http://metronews.ca).



wide.

The show took a dramatic twist when Rancic was diagnosed with breast cancer, further jeopardizing her chances of becoming a mother.

"For some of the women in their twenties and thirties watching Rancic's show, it was the first they had ever heard about infertility—and the only place they had heard about it," says Collura. "This is not where we want people to be getting this sort of information, but at least they're getting something."

So where else should those afflicted go for information? Facebook, Twitter, blogs like The Infertility Voice, whose founder wrote the column on this page. Social media often allows you to be anonymous.

"You could be in the place where you are willing to share your story but not your name," says Collura.

Either way, it's the conversation that's important.

plains Collura, who also believes that getting people talking about their reproductive system the way they do about sex is the only way to increase public awareness.

Giuliana Rancic, the 37-year-old E! News presenter and reality star, is one of the rare celebrities to have opened up about her battle with infertility. Rancic and husband Bill's journey into parenthood and attempt at IVF (in vitro fertilization) was aired on their reality TV show *Giuliana and Bill* and watched by millions of people world-

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**Best Health**

## The truth about sponges



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health magazine

In each issue of Best Health magazine we look into whether product claims are valid, from beauty products to household cleaners. In the May issue, with spring cleaning in mind, we took a look at sponges. Some

are labelled antimicrobial or antibacterial. Does that mean they kill germs? We asked Dr. Donald Low, chief microbiologist at Mount Sinai Hospital in Toronto and spokesperson for the Healthy and Hygiene Council of Canada.

"We don't know how effective the antimicrobials in these sponges may be," says Low. "Some bacteria are resistant even to the most powerful drugs. The sponge may not stop the growth of illness-causing bacteria like salmonella. Indeed, when

you read these products' labels, they don't claim to do that. They do claim to sop the growth of odour-causing bacteria."

Any damp sponge is the perfect environment for bacteria to multiply. In just 20 minutes, bacteria such as salmonella can multiply to an amount that can make you sick. The best way to kill bacteria in sponges is to clean and dry them between uses.

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# Reel in a delicious lunch at The Grill at Five Fishermen



Crab Cakes (\$12). VALERIE MANSOUR



**LUNCH RUSH**  
Valerie Mansour  
life@metronews.ca

Below the venerable Five Fishermen is The Grill, with an oyster and wine bar and a lovely ambiance.

We're seated in a window booth and brought a basket of warm bread.

We share Calamari (\$9) with a hoisin glaze and a five-spice aioli.

They are tender and delicious, but should have been left in the pan to brown.

My companion has the

Crab Cakes (\$12). The two perfectly cooked cakes, with a horseradish mustard cream, are delicious.

My Seafood Salad (\$13) is presented beautifully. On a bed of fresh romaine, arugula and other greens are three large shrimp, three scallops, several mus-

sels and a fair bit of maple smoked salmon served with a tangy blood orange vinaigrette.

The scallops and salmon are particularly tasty. The shrimp are fine, but the mussels could be fresher.

We linger over our coffee and people watch. It's that kind of place.

### Visiting the restaurant

The Grill at Five Fishermen

Address. 1740 Argyle St.

Phone. 422-4421

Rating. 4/5

Price range. \$\$

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

## Cinnamon & Sugar Fries. Enjoy this yummy snack made with pie pastry



1. Let frozen pie shell thaw at room temperature for 15 mins.

2. In bowl, combine cinnamon and sugar; set aside.

3. Remove pie shell from foil pie plate onto clean, flat, floured surface. If cracks appear in pastry, press together and repair using fingers moistened with water. Cut out strips, about 1 by 7.5 cm (1/2 by 3 inches), using fluted pastry cutter, and place on a parchment-lined baking sheet.

4. Brush pastry with butter and sprinkle with cinna-

mon mixture. Bake in 200 C (400 F) oven for 12 mins or until pastry is golden.

**THE CANADIAN PRESS/TENDERFLAKE**  
ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT, EMILYRICHARDSCOOKS.CA)

### Ingredients

- 1 frozen deep-dish pie shell
- 5 ml (1 tsp) ground cinnamon
- 10 ml (2 tsp) granulated sugar
- 10 ml (2 tsp) butter, melted

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# Higher interest rates are an opportunity to tackle debt

**Strategy.** If you're dealing with debt, here's how to prepare yourself for the Bank of Canada's looming interest rate hikes



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

What every consumer has been waiting for — and either dreading or celebrating — has finally happened. Mark Carney, Governor of the Bank of Canada, has flung open the door on interest rate hikes.

A rate increase, on its own, would also strengthen the loonie. Just witness what happened last week when Carney simply ruminated on higher interest rates — the loonie promptly shot up a cent.

And that's not desirable for most Canadian businesses, especially manufacturers.

However, Carney is clearly thinking about some kind of intervention such as quanti-

tative easing (a.k.a. printing money) to devalue the dollar, allowing him to boost rates and cool the ferocious record borrowing of Canadians.

Since we might face a raise in rates as early as the fall and almost certainly by the end of the year, everyone with debt should embark on a protective strategy.

## Live the increase

Among the most vulnerable to the interest rate hikes are those with large personal or home equity lines of credit. Those rates will rise in tandem with the prime rate.

Use an online calculator and add half to three-quarters of a per cent to your LOC rate. Then pay the higher monthly amount.

If rates don't rise you're ahead. If they do you are prepared. And if you can't make the extra payment you need to re-visit your budget and find something to cut.

## Boost e-savings

In a higher interest rate environment, the last thing you want to face is an unexpected expense and be forced to pay it with a credit card. Emer-

## Are you prepared?

- Thirty-three per cent of Canadians have one to three months of living expenses saved for emergencies, according to a 2012 TD Canada Trust survey.

gency savings are critical, especially for families. Even setting aside an extra \$50 each month will help.

## Delay spending

Whether it's a new smartphone, e-reader, car or wardrobe you hanker for, put off all unnecessary expenses — especially if you have non-mortgage debt hanging around. It's easy to cloak our wants as needs, so delay spending on those non-essential items.

## Consider your mortgage

Rising rates send many homeowners scurrying to switch from variable to fixed.

But there's no hurry. Rates have to jump by the difference between variable and fixed before you are actually paying more.

## Your mortgage

## Give me a break on my mortgage break fee!



**FUN AND FRUGAL**  
Leslie Scorgie  
money@metronews.ca  
@Lesliescorgie on Twitter

I recently sold my house and have decided to get a new mortgage through a mortgage broker rather than my bank.

So, I met with my bank last week to discuss the transaction and learned that the cost to break my existing mortgage is nearly \$5,000!

Hogwash! For \$5,000 I could take a three-week European vacation or contribute the annual maximum amount to my tax-free savings account.

Mortgage prepayment charges are the costs to "break" your existing fixed-rate mortgage contract.

They exist because the lender has to borrow the funds needed for the mortgage from the market. When a borrower "breaks" a mortgage, the lender is charged a "breakage cost," which is passed along to the borrow-



**Switching lenders only makes sense when a borrower can save money.** ISTOCK IMAGES

er to offset the cost that the lender is charged.

Prepayment charges are typically calculated based on the greater of three months interest penalty or interest for the remainder of the term on the amount prepaid calculated using the interest rate differential.

The interest rate differential is the difference in the interest payable on your existing mortgage versus that payable on a replacement mortgage, calculated on the time remaining in your existing mortgage term.

To determine whether

it's worth switching lenders, I've followed these steps:

1) Take emotion out of the equation and let math dictate the decision.

2) Evaluate whether the new lender has a more attractive interest rate, term and flexible repayment schedule (such as accelerated payments, double-up payments or annual lump sum contributions up to 10 per cent).

3) Using a free online banking mortgage calculator (available at any major bank or mortgage website), calculate the break-even rate needed to make it worth switching.

4) Confirm with the existing lender, by phone or in person, the exact fee. Present this information to the new lender and begin negotiating for either the fee to be lowered or to have the new lender pick up part of the tab.

Switching mortgage lenders only makes financial sense when a borrower can save money. In my case, I'll save thousands of dollars (over the lifetime of the new mortgage) by making the switch, but I still have more negotiating to do before I can pull the pin on my existing mortgage.

## Take Me Home! Lambert,

### Domestic Medium Hair

If you're searching for a new friend with tons of personality, we would like to introduce you to Lambert. This handsome, august gentleman came to us from an owner who could not afford to care for him. While his exact age is unknown, we suspect he is middle-aged.

Poised and confident, he is a friendly and curious fellow who is not shy about meeting new people. He presents as calm and self-assured so we expect he would thrive in just about any kind of home where he was loved and well cared for. What else can we say about this big-hearted guy? While kittens are compelling, it is the cultured adoptees in their prime who tend to settle quickly in their new forever homes. Please ask any of our shelter staff about the many benefits of adopting adult cats. Lambert is ready to welcome you with a friendly meow, so please stop by for a visit soon.

For more information on Lambert and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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Top 5: April 30<sup>th</sup>

- 5 Carly Rae Jepsen  
Call Me Maybe
- 4 Nicki Minaj  
Starships
- 3 The Wanted  
Glad You Came
- 2 Justin Bieber  
Boyfriend
- 1 One Direction  
What Makes You Beautiful

Weeknights at 9  
Tessa counts down the HOTTEST 5 songs that day!



# A 'child-free' wedding



**CHARLES THE BUTLER**  
[askcharlesthebutler@metronews.ca](mailto:askcharlesthebutler@metronews.ca)  
For more, visit [charlesmacpherson.com](http://charlesmacpherson.com)

**Hello Charles the Butler!** I'm really hoping you can help. My niece & her fiancé are trying to figure out how to create their wedding invitations, making the "no children" very clear. I was thinking that if the invitation is addressed to only "John and Jane" with the reply card also only having their names on it, that might suffice. They are worried that some in the family will still not get it. Do they write "adults only please" right on the invitation? We appreciate any advice that you can provide. Thank you, Sydney

Hello Sydney,

I just dealt with this question for my dear friend Julie who is getting married in July.

1. You are correct in that the envelope should only be addressed with the names of who is invited to the event.

2. The reply card should be left blank for people to write the names in them-

selves. Why? Because this will help as most people thinking of bringing their children would likely write their names too, so that they are included for dinner, and this method will allow you to catch this early.

3. Finally make sure all family members like parents, brothers, sisters, wedding party, etc., know you want an adult-only party and so they can bring this up in conversation with those who have children. They can say, "So have you organized your child care for the wedding yet?" or "I bet you're looking forward to a nice adult evening at John and Jane's wedding!"

I believe this is the best approach. Now what to do if someone shows up with children in tow despite all of the above?

As grumpy and disappointed as you have every right to be, remember that these are your guests — just be gracious and get through the event. Starting a fight or mentioning how this is "adults only" will inflame the situation and cause a scene, which is the last thing you want!

Good Luck to the couple.



metro

# SUMMER CAMPS

Tuesday, May 1, 2012

Summer camps can help children learn everything from figuring out how to be more independent to mastering outdoor activities like camping or a new sport. ISTOCKPHOTO/THINKSTOCK

## Embark on a summer adventure

**Activity.** Going away to camp allows children to learn through controlled risk

ASTRID  
VAN DEN BROEK  
For Metro

Overnight camps, and even day camps, can cost more than a few bucks. But then again, it's money well spent isn't it? What exactly does your child — and you as the parent — get out of the experience?

For children, the benefit of heading off to camp is clear, says Bronco Cathcart.

"At camp I see the value in safe but unstructured play," says Cathcart, the executive director of the Sasamat Outdoor Centre in Belcarra, B.C. "We provide a lot of activities for kids, but within the scope of that they're al-

lowed to be adventurous and they're allowed to take some controlled risk. Most children in most home environments now, well risk is something parents fear rather than encourage. And kids really learn from that controlled risk."

That learning can be everything from figuring out how to be a more independent person to mastering a new sport such as archery or appreciating the environment given their natural surroundings.

"Children can be exposed to a broader range of skills, experiences, social time and activities than they are able to afford within the home environment," adds Michele George, interim executive director of the Edmonton-based Alberta Camping Association. Children attending camp tend to be fitter and healthier as well and are more inclined to participate in physical activity, George adds.

What about parents? What do they get out of it, other than a weeklong breather from parenting?

"One of the biggest things for parents is that they learn to let go. While children can get homesick, it's the parents who are homesick for their kids. It's the parents that are having a difficult time breaking from the child or understanding that the child is ready for a break from them," says Cathcart.

"That's a big learning step for parents, sending their kids away for the first time."

"Time apart from their children can enhance the personal development of both parent and child," adds George. "And that can enhance the relationship in the longer term."

So how can you go about picking the right camp for your child? Ask other parents who you know for their recommendations.

"Parents know when their children have had good experiences," says Cathcart. "All the advertising in the world won't have

the same value as what you're hearing from kids and parents."

Also look for a camp accredited or affiliated

through a provincial association, such as George's Alberta Camping Association or through the national Canadian Camping Association.



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# Packing: Make it a family affair

KELLY  
PUTTER  
For Metro

Some of the fun of summer camp is in getting ready for the big day, and that means enlisting your child in the task of packing.

If that sounds like asking your dog to make dinner, there is a method to this rec-

ommended madness, says Ruth Mills, a family camp expert at the YMCA's Wanakita camp in Haliburton, Ont.

"It's all about preparing for camp so they'll recognize their stuff and so they know what went with them and what needs to come back home," says Mills. "If kids help pack they feel a sense of control over their bag. It's some-

thing familiar and one less new thing on the first day."

It's important that everything is labelled, she says. This rule is especially critical for younger campers whose belongings invariably become entwined with those of other campers.

Make sure your kids pack items that remind them of home — it's something that

lends a sense of comfort.

"Consider the fact that stuff has to travel on a bus or in a car and it has to be carried to your cabin," says Mills. "So you probably don't want to pack that giant stuffed cow you won at the (carnival)."

Don't pack belongings in garbage bags, which tend to weaken. Instead, use backpacks, a small suitcase, or a

duffel or hockey bag. Label all bags.

If there is one thing you spend money on in preparation for camp it should be rain gear, Mills suggests. Don't buy cheap ponchos. Pick up decent raincoats, waterproof pants and footwear.

"Campers will have a miserable time if it's wet and cold," she says.

Clothes aside, do include:

- a water bottle
- sunglasses
- bug repellent
- a cheap camera
- a flashlight
- a plastic ground sheet
- a sleeping bag
- sunscreen
- a hat
- two pairs of runners and two bathing suits.

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## Home sickness. There's nothing to worry about

ASTRID  
VAN DEN BROEK  
For Metro

First time your not-so-little-one-anymore heads off to overnight camp, home sickness is a real worry for both parents and some children. Here are five ways to combat this away-from-home hurdle.

### PUT ON A HAPPY FACE

And use equally positive phrases to set up this new experience for your child. "So don't say things like, 'I'll really miss you when you're gone' or 'Things won't be the same without you here,'" suggests Bronco Cathcart, executive director of the Sasamat Outdoor Centre in Belcarra, B.C. "Instead, use positive statements like, 'I'll really look forward to hearing about all your new adventures when you get home.'"

### BUDDY UP

"Parents should pick camps where children can take along one or more friends," says Michele George, interim executive director of the Edmonton-based Alberta Camping Association.

"Our camps offer a discount for bringing friends."



Parents should try to choose camps where children can take one or more friends so the kids won't get homesick. STOCKBYTE/THINKSTOCK

### PREP YOUR KIDS

Pre-loading the experience is vital, says George. "Parents should tell their kids what to expect when they get to camp," she says. Many camps offer information packages, so it's a good idea to sit down and read through the camp kit with your child.

### KEEP THEM BUSY BEFORE THEY GO

"Once they're at camp, they are busy physically and mentally. And kids often get over being homesick quickly because of that," says Cathcart. "But if parents are encour-

aging that kind of activity as a lead-up to camp, then they're already starting to alleviate that homesickness."

### LEND AN EAR

Listen to your children and hear them out about the concerns they might have over attending sleep-away camp — especially if they are camp newbies. "You have to take those concerns seriously, but don't build on them," suggests Cathcart. "Just reinforce to them that they're going to be in a place where they're well cared for and respected by the people that are there."

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**Making children feel at home during summer camp can help ease nerves.** INGRAM PUBLISHING/THINKSTOCK

**KIM ZARZOUR**  
For Metro

Nine-year-old Sara walked into Joanne Kates' office last week clutching her mother's hand, too anxious to speak.

Her first overnight camp is months away, but she is already worrying she won't be able to fall asleep so far from home.

Kates, director of Camp

Arowhon in Ontario's Algonquin Park, helped brainstorm ideas like a flashlight to read at night and an iPod to listen to music.

"You could see the relief on her face to see her fears acknowledged as normal. She was a Chatty Kathy when she left."

That's the kind of pre-camp prep that can go a long way towards easing your child's first camp experience.

Parents, too, can benefit from preparation.

Find out the director's qualifications and experience, written safety policies and who will be responsible for your child, says Catherine Ross, author of the ebook Preparing for Camp.

Ask what the first few hours of camp will be like and any other questions you may have about daily schedule or food, suggests Howie Gros-

singer, president of Ontario Camps Association.

Once you feel more confident, it's time to help your child feel the same.

"Get out the packing list now and go over it with your child," says Kates. "Then shop together. This is a golden opportunity to have some possibly challenging conversations."

Ask your child: What are you looking forward to, what

are you worried about. You can draw out your child's fears and anxieties and problem solve, she says.

Things you can talk about: Darkness (nights will be quieter, the stars brighter) and new friends (it will take some give-and-take to get along).

Check out the camp website, orientation or open house together and set up a few pre-camp sleepovers with friends for practice.

## Talk. ABCs of camp life

**KELLY PUTTER**  
For Metro

If your little camper is anxious about sleep-away camp this summer, don't sweat it because that reaction is natural.

What you can do to calm fears is prepare your kids for their first overnight camp adventure by having a chat that covers the ABCs of camp life.

"Talk to your kids about what camp is," recommends Ruth Mills, a family camp director at the YMCA's Wanakita camp in Haliburton, Ont. "Get talking about what they're excited about and what they're nervous about and you'll work at identifying, and possibly sorting through, some of their worries."

Camps typically send out a schedule of daily activities, which parents should go over with their novice campers. This helps children understand what they are getting into and it sets up expectations that can ease fears before they leave home.

Mills suggests packing a journal or letter-writing material for your child, which serves as a symbolic link to home.

"It's important to be able to tell that story," Mills says. "It encourages kids to be



**Go over a schedule of activities with your child to help the child understand what their summer camp experience will be like.** ISTOCKPHOTO/THINKSTOCK

aware of their experience at camp and helps them stay connected with home. It gets them thinking about sharing their story."

Some families actually hold camp-themed sleepovers in anticipation of their child's camp experience. Friends with sleeping bags in tow are invited to sleep in a tent, which is set up in the backyard. Parents and kids roast marshmallows, play games and try to replicate camping life to get their child acquainted with the unfamiliar.

If your little camper has never had a sleepover or been to one, the months leading up to their first time away might

be a good time to initiate this childhood rite of passage.

"I do think kids do a lot better at camp if they've had sleepovers before," says Mills. "Typically, nighttime is the hardest time to adjust to camp. That's when it's quiet and there's opportunity to think of home and to miss mom."

Don't forget to pack things that will make camp seem more homelike, says Mills. Bring your pillow from home, which also helps kids sleep better. Younger children might want to bring a stuffed animal and teens should bring photos of family, friends or their favourite teen idol.

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## 4

## SPORTS

## QMJHL

**Moose to say their farewells**

Members of the Halifax Mooseheads will say their goodbyes to fans on Tuesday night at the Metro Centre. All fans are welcome to stop by from 6 to 8 p.m. in the box-office area for a chance to meet players and ask for autographs.

METRO

## QMJHL

**Q final sched is set**

The Saint John Sea Dogs will host Games 1 and 2 of the QMJHL final against the Rimouski Oceanic on Friday and Saturday at Harbour Station in New Brunswick. The series will follow a 2-3-2 format, shifting to Rimouski, Que., next Wednesday.

METRO



The Halifax Mooseheads celebrate their first-round sweep of the Moncton Wildcats early in their three-round run to the QMJHL semifinals. RYAN TAPLIN/METRO FILE

# 'We want to win it all' next season: Moose GM

**Season wrap-up.**

Mooseheads reflect on season that was a 'success,' turn to future that looks very, very bright



**MATTHEW WUEST**  
matthew.wuest@metronews.ca

The Halifax Mooseheads are hoping this year's playoff run is just a small taste of things to come.

The Mooseheads saw their three-round foray into the QMJHL post-season come to an abrupt halt on Sunday at

the Metro Centre. They were eliminated in the semifinals by the Rimouski Oceanic just two wins away from their first league final in seven years.

But with three superstar 16-year-old rookies in Nathan MacKinnon, Jonathan Drouin and Zach Fucale, and only four players assured of not returning next season, the organization is hoping this experience will be springboard to greater things.

"The players have got to remember this feeling," said Mooseheads general manager Cam Russell. "It's no fun to lose. They've got to remember how close they were. It's going to be motivating for next season. We want to win it all."

The Mooseheads finished

sixth overall in the regular season with 39 wins, then breezed past the Moncton Wildcats in a first-round sweep. The highlight of the playoffs was a comeback from a 3-0 series deficit against the Quebec Remparts in the quarter-finals, a historic effort that energized the players and Halifax hockey fans.

"That's going to go a long way for us for the next few years," Russell said. "If we ever run into adversity like that again, those guys are going to be able to stand up in the room next year and say, 'We've done this before, we'll do it again.'"

As valuable as that experience was, playing four consecutive elimination games and winning ultimately caught up with the Mooseheads, Russell said.

"Any time you go into a game facing elimination there's so much stress involved and it takes so much out of you, it's hard to recover," he said. "You could feel that in the Rimouski series. We just were lacking a little bit of that jump we had in the previous series. We just didn't have the legs and fatigue did catch up with us."

Overall, however, Russell said the organization is looking at this season as a success

**Twitter**

Tweets from members of the Halifax Mooseheads following their elimination from the QMJHL playoffs on Sunday.

**Martin Frk (@Frky91):**

Thanks to the best fans in the world for all of your support #moosemania and best of luck to @16Ran @Critchlow11 @greener05...love the boys!

**Cameron Critchlow, @Critchlow11:**

So much support from everyone! Wouldn't have wanted to end with any other group of guys or any other organization #thankyouhalifax

**Zach Fucale (@Fucalc31):**

Once again, thanks to aallll my teammates! What a ride it was! @HFXMooseheads @Critchlow11 @16Ran @greener05 Leaders you are.

**Jonathan Drouin (@jdrouin27):**

Thanks to all @HFXMooseheads fan you were great .. All year thanks a lot #bestfans #moosemania ..

**Brendan Duke (@BrendanDuke20):**

Thanks to all the fans and people who made this year possible. @greener05 @Critchlow11 @16Ran you guys are great leaders #moose #hockey

**Austyn Hardie (@Hardie88):**

Had a great time this year with the Mooseheads I would like to thank everyone for making this year possible #unforgettable #greatestteam

**Trey Lewis (@treylewis07):**

Would like to thank everyone in the Mooseheads organization for an amazing year.

**Quoted**

"We have a great returning group of guys. They all want to be better, they all want to be top-line players, they all want to be on the first power play, they all want to be on the ice in the last minute of the game. So there's competition there within themselves, pushing each other. They want to play the game for a living, so they know how hard they have to work to achieve that."

Mooseheads general manager Cam Russell

**On the web**

For more on the Mooseheads' off-season plans, visit The Q Files blog at [metronews.ca/qfiles](http://metronews.ca/qfiles) or follow @metroqfiles on Twitter.

after posting the worst record in the Canadian Hockey League over three previous seasons.

A summer of hard work lies ahead for management, coaches and players alike, all with the same goal — winning the franchise's first QMJHL

championship.

"We all know we're close to achieving what we want to achieve," Russell said. "It's going to take a lot more hard work to get there. Don't be satisfied. Be proud of what we accomplished, but we should be wanting more as well."



# Ovechkin scores late to even series

**NHL.** Four of five Capitals' playoff wins have come on the road

Game 2

3

Capitals

2

Rangers

Alex Ovechkin's power-play goal with 7:27 remaining snapped a tie and gave the Washington Capitals a 3-2 victory over the New York Rangers that squared the Eastern Conference semi-final series 1-1 on Monday night.

Just under 6 minutes after Ryan Callahan got the Rangers even with a power-play goal, Ovechkin put the Capitals ahead for good after they squandered a 2-0 lead.

Mike Knuble and Jason Chimera scored first-period goals for the Capitals, who will host the next two games of the series. Washington is trying to repeat its first-round feat when it lost the series opener but rallied to



Washington's Alexander Ovechkin falls in front of Ryan Callahan on Monday in New York.  
FRANK FRANKLIN II/THE ASSOCIATED PRESS

beat Boston in seven games. The Capitals have earned four of their five wins in this post-season on the road.

Brad Richards had a goal and assist, and defenceman Michael Del Zotto had two assists for the top-seeded Rangers, who got forward Brian Boyle back from a three-game injury absence but couldn't turn it into a commanding lead in the series.

New York rebounded from a 14-shot performance in its series-opening win and fired 28 shots on goalie Braden Holtby. But the increase in numbers produced fewer results. **THE ASSOCIATED PRESS**



## Darvish leaves Jay dizzy

Yu Darvish throws against the Blue Jays Monday in Toronto. Darvish held the Blue Jays to four hits and one run while striking out nine in seven innings as the Texas Rangers beat Toronto 4-1. Darvish improved to 4-0 in five starts. **THE CANADIAN PRESS/TORONTO BLUE JAYS**

NBA

## Knicks' playoff misery continues

As the Miami Heat expected, the New York Knicks were much improved in Game 2. Better, yes — but not good enough. Dwyane Wade scored 25 points, Chris Bosh added 21 and the Heat beat New York 104-94 on Monday night, sending the Knicks to an NBA-record-tying 12th straight post-season loss.

**THE ASSOCIATED PRESS**

NHL awards

## MacLean makes top-coach cut

Ottawa's Paul MacLean, St. Louis' Ken Hitchcock and the New York Rangers' John Tortorella were named nominees for the Jack Adams Award on Monday.

The award is handed out to the head coach who has "contributed most to his team's success."

MacLean, from Antigonish, guided the Senators to a playoff berth and an 18-point



Antigonish's Paul MacLean.  
THE CANADIAN PRESS FILE

improvement over 2010-11.

"He knows when to push buttons and when to let off and that's what I think makes him such a great coach," said Sens forward Nick Foligno.

**THE CANADIAN PRESS**

MLB

## Young banned after hate-crime arrest

The Detroit Tigers' Delmon Young was suspended Monday after his arrest on a hate-crime-harassment charge in New York. The commissioner's office said the suspension is retroactive to Friday, when Young was arrested after a late-night tussle during which police say he yelled anti-Semitic epithets.

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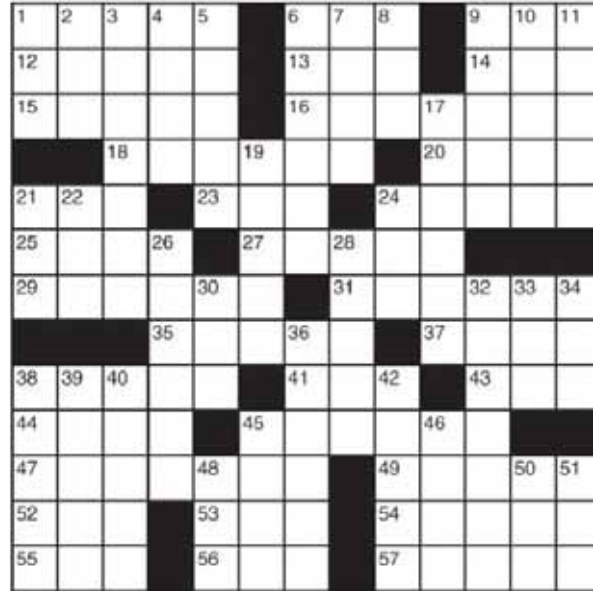
## Crossword

### Across

- 1 Incubator noises
- 6 Diner lunch order
- 9 Links stat
- 12 Characteristic
- 13 Actor Stephen
- 14 Feast-famine link
- 15 Match
- 16 Beforehand
- 18 Man with all the answers?
- 20 Initial stake
- 21 La-la lead-in
- 23 Columnist Smith
- 24 Michaelmas day's
- 25 "— Fiction"
- 27 Dweebs
- 29 Exasperating
- 31 Farewells
- 35 Swag-bag item
- 37 Facility
- 38 Different
- 41 Common Mkt.
- 43 Uncultured
- 44 "Arrivederci"
- 45 Jackson or Johnson
- 47 Frank
- 49 In reserve
- 52 Schedule abbr.
- 53 Ms. Farrow
- 54 Cart
- 55 Aye canceler
- 56 Frivolous one of song

### Down

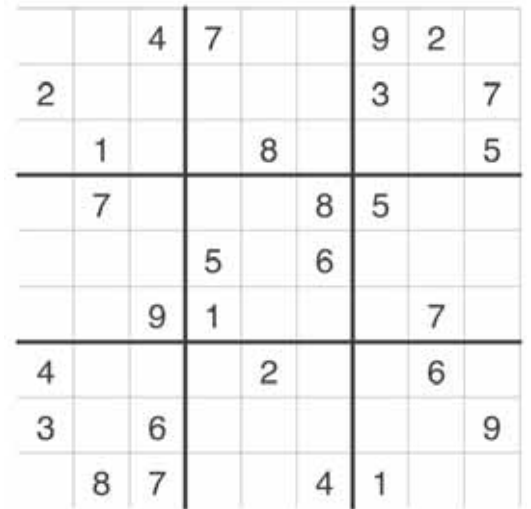
- 1 Sch. org.
- 2 Work unit
- 3 Mundane
- 4 See 5-Down
- 5 With 4-Down, Atlantic City attraction
- 6 Light wind
- 7 Secrecy thwarter
- 8 Pitch
- 9 Purpose
- 10 Mountain crest
- 11 Harder to find
- 17 TV pooch
- 19 Game of chance
- 21 Choose
- 22 "— Town"
- 24 Toss in
- 26 Dupe
- 28 Shone in beams
- 30 Postal creed word
- 32 Some insects
- 33 NAFTA signatory
- 34 Ply a needle
- 36 Re canines, etc.
- 38 "Caribbean Queen" singer Billy
- 39 Coronet
- 40 Magician Houdini
- 42 Go on all fours
- 45 Largest of the seven



46 Birthright barterer  
48 North Sea feeder  
50 Speck

51 Navy rank (Abbr.)

## Sudoku



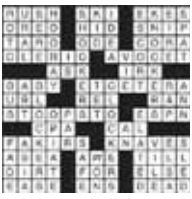
### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's Sudoku

6	4	7	5	3	2	1	9	8
1	2	8	4	9	6	7	3	5
9	5	3	1	8	7	2	6	4
3	8	1	9	6	5	4	2	7
5	7	9	2	4	8	6	1	3
2	6	4	7	1	3	5	8	9
7	1	6	3	5	9	8	4	2
4	9	2	8	7	1	3	5	6
8	3	5	6	2	4	9	7	1

### Yesterday's Crossword



### Cryptoquip

#### How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

V K N R D F X K R N O T P I Y G  
B N J J E Y J Z I V K Y N P T  
I D Y Y R K F G X H Y V G O F T B T I  
Y E B Y P G ? Z T P G T J I N G H T P I  
Yesterday's Cryptoquip: IF A CERTAIN WIND  
INSTRUMENT WERE DECLARED OFF-LIMITS,  
WOULD IT BE FORBIDDEN FLUTE?  
Today's Cryptoquip Clue: V equals W



For today's crossword answers and for expanded horoscopes, go to metronews.ca

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**Wednesday**

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## Horoscope

- ♈ Aries | March 21 - April 20.**  
You have something worth saying, something the world needs to hear, and it would be a crime to stay silent.
- ♉ Taurus | April 21 - May 21.**  
You need to be able to adapt when your plans don't turn out the way you expected.
- ♊ Gemini | May 22 - June 20.**  
Your mind is super sharp right now and you will find it easy enough to outsmart your rivals.
- ♋ Cancer | June 21 - July 22.**  
Someone close will be rather emotional today. Make it your task to calm them down and help them see the situation in a more logical light.
- ♌ Leo | July 23 - Aug. 22.**  
You

- don't have to change your views and opinions just because everyone else seems to believe something.
- ♍ Virgo | Aug. 23 - Sept. 22.**  
You will come up with an excellent idea today, the kind of idea that can make you a lot of money.
- ♎ Libra | Sept. 23 - Oct. 22.**  
If there is something you need to say that probably won't be welcomed by family and friends you must say it immediately.
- ♏ Scorpio | Oct. 23 - Nov. 21.**  
A friend or relative will offer you some advice today and if you are wise you will give what they say some serious thought.
- ♐ Sagittarius | Nov. 22 - Dec.**

- ♑** Something that happens in the wider world will affect you personally today.
- ♒ Capricorn | Dec. 22 - Jan. 20.**  
News from afar will cheer you up immensely today.
- ♓ Aquarius | Jan. 21 - Feb. 18.**  
You will have a brilliant idea over the next 24 hours, but is it the sort of idea the world is ready for?
- ♈ Pisces | Feb. 19 - March 20.**  
So you got something wrong — so what? There may be plenty of room for improvement in your life but no way does that mean you are a failure. It means you've got space to grow to even greater heights.
- SALLY BROMPTON



## Caption Contest

Is that what I look like?

Jen

KERSTIN JOENSSON/THE ASSOCIATED PRESS

### Win!



### You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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